POSTOPERATIVE INSTRUCTION SHEET FOR NASAL PYRAMID SURGERY (NSPR)

- You may experience some nasal discomfort. If it is mild, use regular Tylenol every four hours. If you are more uncomfortable, use the pain medication that the doctor prescribed for you; remember it may cause nausea, lightheadedness, or agitation. **DO NOT USE ASPIRIN, IBUPROFEN OR RELATED MEDICATION FOR ONE MONTH AFTER SURGERY.**

- Keep your head elevated.

- To prevent discoloration (bruising) under your eye, put crushed ice and cold water in a basin, wring out gauze and gently place it over your eyes. An ice pack or ice bag may be too heavy and may cause pain. Keep your head elevated on several pillows at night for the first few nights to facilitate drainage and decrease swelling.

- You may or may not have packing. If you do have packing it will be removed in 2-3 days. Your cast or splints will be removed one week after surgery. Please do not get the cast wet as it will fall off prematurely. On the day that you come in to have the packing removed, do not take your pain medication, however, you make take regular Tylenol. Have a light meal 1-2 hours prior to your packs appointment.

- After the packing is checked, you should begin using your “Simply Saline” spray, two sprays each nostril, **every 1-3 hours**, to rinse out your nose. Approximately every 3 hours, apply Bactroban ointment into the nose using a Q-tip (into nose 1 inch).

- If the cast does fall off, you may tape it back on with a piece of tape to the face.

- Do not blow your nose for one week or until otherwise instructed as you will bleed and possibly cause more serious problems. Sneeze with your mouth open.

**DO NOT SMOKE OR DRINK ALCOHOL AFTER SURGERY** Do not exercise, lift heavy objects, or participate in sports until you are healed. Healing takes between 2-6 weeks. Do Not wear glasses for 6-8 weeks. No sunburn on your face for 1 year. Use Sunblock 30+.

- Keep your environment well humidified. Inhaling steam helps moisten dry nasal tissues. Boil water and inhale steam for 10-15 minutes, 2 times a day.

- If you have bleeding, sit up straight, pinch the nostrils gently together, and hold for 10 minutes. If the bleeding continues, spray Afrin nasal spray into the nose, then apply Bactroban ointment and pinch the nostrils together again for 10 minutes. If the bleeding persists, call the office.
• It is common to have swelling and bruising after this surgery. Use ice to lessen these problems, which will resolve with time.

• It is common for the front top teeth or hard palate to feel tender or “funny” for a few weeks-months after nasal surgery.

Please call the office at (603) 742-6555 for questions or problems. For an Emergency after office hours, this number will reach the answering service who will page the doctor on call.